OCT 8 1915

In this Number: Loueen Pattee, Maj. Robert U. Patterson, Fannie F. Clement, Dr. B. W. Caldwell

THE AMERICAN RED CROSS MAGAZINE

10;10

FOUNDED TO AID IN THE PREVENTION AND ALLEVIATION OF HUMAN SUFFERING IN TIMES OF WAR AND PEACE

OCTOBER 1915

PUBLISHED BY
THE AMERICAN RED CROSS
WASHINGTON, D. C.

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VOLUME TEN NUMBER TEN

The American Red Cross Magazine

EDITED BY AUSTIN CUNNINGHAM

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THE RED CROSS DOG'S DAY

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This wounded soldier was found by the trained Red Cross dog in the picture. The Red Cross societies of all of the countries now at war are using dogs to hunt the wounded.

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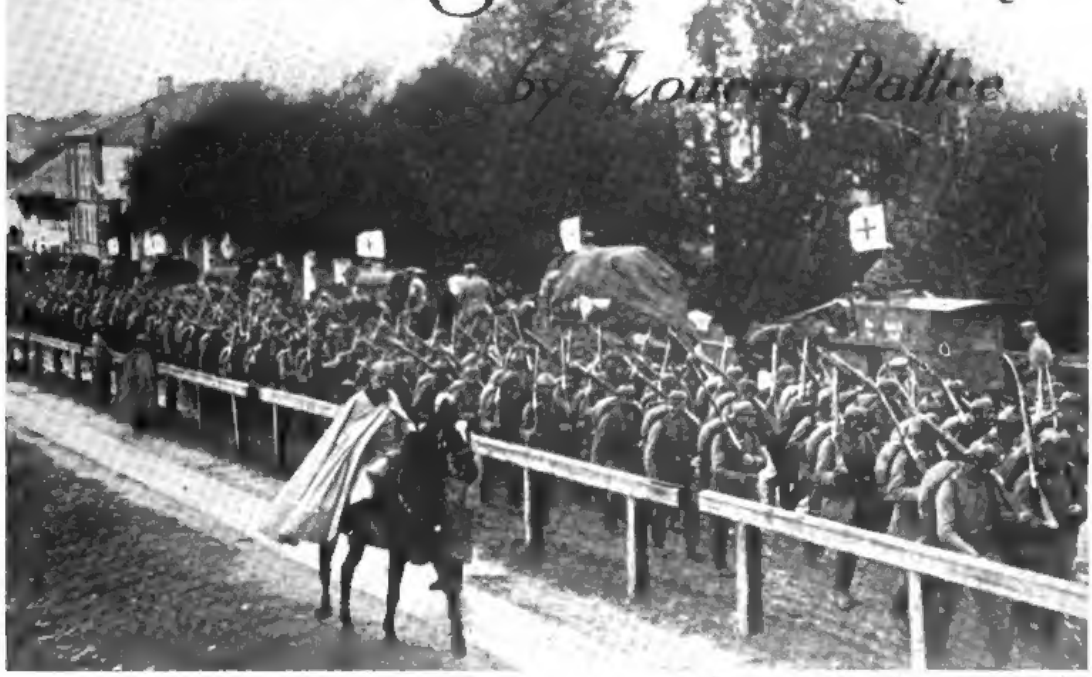
A Message from Munich

by Loren Pattee



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THE DRAMATIC TRAGEDY THAT EVERY DAY OCCURS IN EUROPE. ABLE-BODIED, VIGOROUS MEN ARE SEEN GOING TO THE FRONT, WHILE ON ANOTHER ROAD, COMING FROM THE FRONT, IS A LONG LINE OF AMBULANCES AND "DEAD WAGONS" FILLED WITH GORY AND GHASTLY FREIGHT.

THE beginning of August, 1915, ushered in a cycle of anniversaries indelibly inscribed on every human heart, that had throbbed within the war zone during that convulsive August of a year ago; war declarations, war regulations, departing troops, harrowing farewells, suspended plans, and enforced readjustments, in short, the unexpected and undreamed of thrust into every existence.

On August 5, 1915, the day when the fall of Warsaw and Ivangorod was being flashed around the globe, our American Red Cross Hospital silently marked off on its calendar the first cycle since its incipiency.

It was on August 5, 1914, at a mass meeting of the Americans in Munich, that Dr. Nordhoff Jung, of Washington, D. C., made the first suggestion to establish an American Red Cross Hospital here. Many were the difficulties and manifold the doubts, that rose forbiddingly between the inchoate project and its realization, but owing to the opportune presence of two such capable leaders as Dr. Jung and his wife, Dr. Nordhoff-Jung, it proved possible to meet all the towering obstacles—military, municipal and financial—and to prosper the project to such an extent that a prominent military authority referred to it, some months ago, as "our model American Hospital."

When the Hospital was originally planned, the world at large was reckoning with a spasmodic martial upheaval, complacently assured that in our advanced stage of civilization a war could not continue longer than a few weeks, at most, a few months. In the beginning our most sanguine expectations never contemplated the continuance of a hospital for more than a period of three to six months, and consequently it is a gratifying testimony to the interest in the

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DR. AND MRS. JUNG, NURSES AND THREE RECOVERED PATIENTS, AMERICAN RED CROSS HOSPITAL, MUNICH.

Seated left to right, are: Baronesse von Greiffenstein, Munch; Miss Louise Pattee, Chicago, author of this article—the second she has generously written for THE AMERICAN RED CROSS MAGAZINE; Dr. Nordhoff-Jung, Washington, D. C., Superintendent; Dr. Franz A. R. Jung, Washington, D. C., physician-in-chief; Baronesse von Kleist. Nurses standing: Mrs. W. W. Jennings, New York; Miss Fox-Hammond, Virginia.

Hospital that September 23 will be the first anniversary of its opening, an interest sufficiently keen, we trust, to permit our work to go on as long as there may be a need for our services. Having begun our first year with very modest resources that rapidly increased and abundantly met our needs, we are facing the second with equal assurance, waiting Micawber-like, for the wherewithal to turn up.

AN ECONOMIC ADMINISTRATION

The last contribution to our funds, received from the headquarters of the American Red Cross in Washington, reached us on November 2, 1914, a sum of $11,000, which raised their entire contribution to our support to a sum-total of $18,000. In addition to funds furnished, the Washington headquarters sent us such generous supplies of bandages, medicine and hospital garments that we were able to reduce expenditures per capita per day from approximately six marks (1.50) to five marks (1.25) in spite of the increased cost of foodstuffs.

It has been a point of great pride with us, that we have always been able to dispense with the daily quota of three marks, apportioned by the German Government for the care of every wounded soldier. Thereby we gain the distinction of being the only Lazarett in Munich not costing the Government a penny, aside from being the only one in all Germany, wholly supported by foreign funds.

The first shipment of hospital supplies from the Red Cross in Washington arrived just in time to fill our Christmas stocking most abundantly, and the second one reached us as a belated May-basket, after wandering the uncertain seas since February 20. It contained:

Cotton, 10,000 pounds; muslin bandages, 1,000 pounds; gauze, 3,000 yards;

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THE MORNING LESSON—THE BLIND LEARNING TO READ AND WRITE BY THE BRAILLE SYSTEM.

adhesive plaster, 1 case; ether, 100 pounds. The entire supply of antiseptic cotton (10,000 pounds), could, fortunately, be given over to Queen Maria Therese, the head of the German Red Cross, who accepted it as a gift from Heaven.

Cotton, Cotton, Cotton, the Cry

The dearth of cotton is constantly increasing and we put in an earnest plea for further shipments of this indispensible commodity. Only yesterday a physician came in person to beg us for antiseptic cotton for his hospital, and it was hard to be obliged to refuse. Is there no way for America to alleviate this crying need out of its vast abundance?

For nearly a year the doors of our American Hospital have been swinging open to receive the never ending line of wounded who made their painful way to us from the East and from the West. Maimed and mutilated and exhausted, they come to us for relief and restoration and we have grown familiar with all phases of suffering and with the staunch spirit that bears affliction uncomplainingly. We have had the gratification of seeing haggard, pallid faces fill and glow with returning health, of helping shattered and stiffened limbs to partial use, of training the one-armed and the one-legged to activity and usefulness with their artificial adjuncts, and our efforts and difficulties have been rewarded by a farspread recognition and a reputation for the best equipment, the best care and the best food, bringing us appeals for admission from all quarters of Germany.

All of our boys leave regretfully and many and touching are the testimonials that come back to us in the form of small remembrance for the physician-in-chief, or frequent cards and letters. One faithful fellow has written every week since his return to the front in December. Another wrote a card received yesterday: "The blue birds (bullets) are swirling about our heads today. If one is destined for me and does not stretch

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FOUR CONVALESCENTS IN THE AMERICAN RED CROSS HOSPITAL, MUNICH, EACH OF WHOM HAS LOST A LEG.

me lifeless on the field, I shall come straight back to the American Lazarett to be healed again."

We are frequently told that every wounded soldier assigned to the "American" is the envy of all his less fortunate comrades, and many are the appeals made for admission that cannot be granted. It is natural that these boys, straight from the hardships of the front, should appreciate the excellent and abundant food, our spotless white wards, and the numberless comforts, above all the homelikeness that must make our Hospital different from the crowded military lazaretts.

A PECULIAR AFFLICTION—NERVE-SHOCK

The hospital has had to deal with the most varied cases: aside from every sort of gun-wound, serious stomach and intestinal derangements, and baffling nerve-shocks, the latter disorders, being in the eyes of the general public, less interesting and sympathy-arousing because there is no bandage or mutilation visible to make the direct appeal. Though less picturesque for the lay onlooker, they may be for the patient far more distressing than a rapidly healing wound. One case of nerve-shock we have at present, is typical; a strong, sturdy Bavarian in the thirties, who sits and reads his paper in the quiet of his room, looking the image of strength and well-being, but at a sudden noise or in the presence of several people he trembles from head to foot like an aspen leaf, and his efforts at self-control, with his hands clenched close to his side, are pathetic.

The petted favorite of the whole house for the past two months has been a sunny-faced youth, a "volunteer," who has never yet been seen without a smile so contagious that it would cheer the most despondent. He is absolutely helpless and dependent on nurses and comrades, must be carried down to the entertainments, frequently occurring evenings in our dining-room, must be carried bodily to the veranda, down to the auto for a drive; he cannot take a step, for

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both his feet were frozen off in the Carpathians and the poor stumps are not sufficiently healed for the adjustment of artificial feet.

In June the most afflicted of all were assigned to us, the blind, and a new and torturing realization sickened and tore our hearts. The day they arrived the sun fell cheerfully across the white beds, the white curtains fluttered lightly in the soft summer-breeze; outside the lindens swayed their branches beneath the azure dome of a cloudless sky—everywhere a whole world of brightness and light, and they in the midst of it, condemned to eternal darkness. They seemed happy enough and were joking among themselves, while one gaily played his mouth-organ and another uncertainly strummed his zither. But their very mirthfulness was harrowing.

Now Come the Blind

"The Physician-in-chief is coming," the nurse in charge announced gently and her eyes moistened as the heavy, work-hardened hands groped for the beds their eyes could not guide them to, where each man stood at attention with military erectness. At the foot of the first bed stood a stout, stalwart son of the soil, the image of health and strength, and not until he was addressed, could it be detected that he would never again behold the light of day. He answered the doctor's queries in a cheerful voice, explained that he had been blinded by an exploding hand-grenade, that he had a wife and two children whom he had supported before the war by working in a saw-mill. Before turning to the next patient, the doctor placed a friendly hand on the man's shoulder: "And your name, comrade?" "Ohnesorg" (carefree), came the reply, and one of the attendant nurses quietly slipped from the room.

At the next bed stood a young fellow with drooping head. When the black bandage concealing the upper part of his face was removed, even the strongest nerves quailed at the sight of the mutilation a cruel "Querschläger" had caused, leaving its victim eyeless and noseless. "What was your work, Saller?" asked the doctor. "I was a waiter, Herr Oberarzt." "Is your father living?" "Yes, Herr Oberarzt." "Any brothers or sisters?" "No, Herr Oberarzt, I am the only child."

Then came Fuchs, who stood with bandaged head bent forward, a simple, quiet day-laborer. "His wife and children have just come and are waiting in the garden to see him, Herr Oberarzt," the head-nurse whispered. "Let him go to them at once." The nurse lead Fuchs to the waiting family, a child of three years whose face he knew so well, and a babe of three months whose face

A BLINDED GERMAN SOLDIER LEARNING BASKET MAKING.

he would never behold. For an hour he held the little thing in his rugged hands tenderly feeling the tiny form and trying to see it through the sense of touch. Every wounded comrade who passed him, turned away with tear-dimmed eyes feeling the insignificance of his own affliction.

And thus the harrowing recountal continued and we realized that a new opportunity had been granted us and that an honor and trust to be deeply valued had been conferred on our institution. In November the first blind victims reached Munich and the Government

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planned to centralize them in the Hospital where they could have the best care and the best food and the most comfort to assist them in their difficult readjustment to a life without light.

AMERICAN HOSPITAL IS HONORED

Superintendent Schaidler of the Royal Institute for the Blind and the government authorities chose for this purpose from among 50 Vereinslazaretts in Munich, the American Hospital, after having carefully investigated our equipment and watched our work. It is not the intention of the Government to maintain its blind soldiers in asylums as exhausted and dissatisfied members of society, but to prepare them to spend their lives normally with their families, in short, to revive their courage and to strengthen their will to overcome the hardest of all afflictions. The first object is to reconcile them to their hard lot,—and to educate them for a new phase of life absolutely different from what they had heretofore known. They are to be convinced that blindness in itself need not to be the awful insurmountable misfortune we so generally term it, but that every blind soldier can lead a contented and happy life, if the powers he still possesses are properly employed and directed.

And now they are at home and at work with us, and every effort is being made to render their handicapped existences more tolerable. Occupation is their first need, and a busy and varied day is planned for them, always with the object of training towards industry and independence. Every morning they sit patiently at their lessons, these schoolboys of mature years, some of them fathers of families, slowly relearning how to read and write by the Braille system—training their clumsy, calloused fingers to see for them.

We have fitted up a work-room adjoining their study-room where they are taught by teachers, who are themselves blind, how to weave baskets and how to make brushes of all sorts. In these few weeks some have already become adepts.

Those who are musically inclined have lessons on the piano and zither and one of them has a voice that can be trained to advantage. At a recent home-concert he sang the "Niederländisches Dankgebet" his poor, sightless eyes lifted heavenward,—and never did the familiar strains of this song of gratitude to God, the just, strike home so poignantly in the hearts of his tearblinded hearers.

How long the American Hospital may continue its most creditable existence is a matter of surmise for us, who have been actively connected with it since it began,—because we can count upon very little support from the few Americans left in Germany, a constantly diminishing number, owing to the ever increasing complications in the political situation. Mr. Semmler of New York City visited the Hospital last week, and generously bestowed 5,000.-M. a timely contribution that makes us optimistic for the future.

Any friends who are interested in helping us in our work, may send their gifts and contributions, designated for our particular use, to the American Red Cross, Washington, D. C., and they will be forwarded promptly.

Do you know what fairy palaces you may build of beautiful thought, proof against all adversity? Bright fancies, satisfied memories, noble histories, treasure-houses of precious and restful thoughts, which care cannot disturb nor pain make gloomy nor poverty take away from us—houses built without hands for our souls to live in.—*Ruskin.*

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THE BITTERNESS of BITOLJI

By DR. B.W. CALDWELL

HOSPITAL ADMINISTRATOR AMERICAN RED CROSS SANITARY COMMISSION

HOW TYPHUS VICTIMS WERE BURIED IN SERBIA IN WHOLESALE FASHION BEFORE THE RED CROSS SANITARY COMMISSION CHECKED THE TERRIBLE EPIDEMIC

I AM advised by the President of the Council at Bitolji (Monastir, Serbia) that there are at this time 600 Christian families averaging five persons to each family who are destitute and almost entirely dependent upon State and local aid for bread upon which to live. There is being furnished to these families or to a large part of them, by the Municipality of Bitolji, a small and entirely inadequate ration of flour, or in some cases the equivalent in money for their support. The fathers, or providing members of these families, are at the front, or have been killed in battle or died of disease, or are sick in hospital. The families are in extreme want, reaching in many instances to the starvation stage, and have no means of providing food for themselves, by work or begging, and are dependent upon the meager aid given them by the authorities.

For the present the Serbian Government has assigned a sum of money of about 15,000 dinars ($2,100) to relieve the sufferings of these people. The allowance of bread or flour or money is too small to keep them from a state bordering upon starvation, but it serves a useful purpose in relieving the urgent needs of a number of these people. This supply of money it is thought will last for about two months, and the municipal authorities feel quite sure that it will be supplemented by a further advance from the Serbian Government when the present funds are exhausted.

Winter Brings Greater Suffering

While the present warm weather continues this class of destitutes will be able to manage to live upon their meager allowances, with a little assistance from outside sources. With the approach of winter, however, the amount of aid now furnished will in no way be sufficient, and the material suffering, which is now so emphatically apparent among them, will be much greater. The close housing which the inclement weather will compel

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will breed pestilence and disease, and in their exhausted physical state, death will add its horrors to the sufferings of these people. Clothing, fuel and sufficient food must be provided in order to enable these people to gather strength for the winter months and it should be provided without delay, if disease and a fearful attendant mortality is to be prevented. The clothing these people now possess is not sufficient to keep them warm, were the weather colder, and it does not afford the necessary change for personal cleanliness and health.

In addition to the foregoing class there are in Bitolji 7,000 Mussulmans, about one-half of which are children and infants, who are in a decidedly worse condition and to whom but little or no state aid is extended. The only source of food is derived from the charity of more fortunate people of their faith, and the bounty of charitable institutions and societies from abroad, chief among which is the British Bible Lands Missionary Society, whose bounty is dispensed through the English Consul at Bitolji, Mr. Greig, and a similar charity extended by the American Missionary, Rev. W. P. Clarke and his good wife. Through funds furnished Mr. Greig by the Bible Lands Missionary Society, these people, to the small number of 214 families, about one-seventh of the total number, receive a ration of one loaf or oke (2.8 pounds) of bread per day for each adult, and one-half an oke for each child, and upon this food these people are absolutely dependent and have been for weeks. Their suffering and starvation is real, and were it not for this small allowance, supplemented by gathering grasses and herbs from the fields, all but the most hardy of them would have died long since.

MOTHERS AND BABES STARVE

The children live upon bread alone, and many of them go all day long without any food save that which they are able to beg, which is little enough. They have not known the taste of meat for months. Infants are starving for lack of nourishment. The poor, emaciated mother is unable to provide either the milk from her breasts or money to purchase cow's milk. There is little tinned milk available. These children linger along starving until in many instances acute disease attacks and mercifully ends their sufferings in death.

Even with the little ration doled out by the municipality the mothers cannot provide enough for their children. The ration is in most cases issued in flour, a handful being given to each mother. The amount is hardly enough to make into bread, and an incident occurred recently when a mother took her flour home and to add to the bulk of her loaf of bread mixed ashes with the flour and baked it. This was given to the children that night, and the following morning two of them died. Another incident occurred in which a mother of five children sent them to bed hungry, having had nothing to eat all day. The eldest complained most bitterly and plaintively demanded from the mother: "What kind of mother are you to send us to bed without bread?" The mother left her house and at the late hour of night bread for her starving children.

SELL EVERYTHING TO GET BREAD

Such instances are by no means exceptional, and misery and starvation are are rule. These people have sold everything movable and salable for food. The tiles from the roof, the surplus furniture, bed-clothing and kitchen utensils, and so have lived from day to day, until this source of revenue has been exhausted and they have nothing left. What will be their fate when winter comes is beyond any imagination, unless sufficient, systematic aid is given them.

Sanitation is difficult even under favorable surroundings. It is impossible among such a large number of people, where food, clothing, fuel and the barest of life's necessities are completely lacking. These people have no physical resistance and among them disease and contagion will breed disease, until every house that shelters one of them will become a pest house and threaten the entire people with its pestilence. They suffered a heavy mortality the past winter and spring, when conditions of living

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were somewhat better, and they had not reached their present state of physical exhaustion, and it will be necessary to provide proper and sufficient food to these unfortunates if even a greater mortality among them is to be avoided with the approach of the winter months.

Fortunately housing will prove a simple problem and will solve itself. Bitolji is half deserted and many Mussulmans, owners of property, who have moved away, permit the people of their faith to live upon their vacated premises. But food, clothing and fuel should be provided without delay and an organized charity be effected to prevent this destitution.

TO AMERICANIZE MUNICIPAL HOSPITAL

Arrangements are being made to take over the municipal hospital at Bitolji and subject it to the approval of the American Sanitary Commission. This hospital will be opened and operated for the civil poor alone. It has a capacity of 100 beds, and with 3,000 hospital days each month no little good can be accomplished by it. In addition to providing shelter and treatment for the civil poor a free dispensary can be maintained for outside patients. All of this account applies to the city of Bitolji alone with its population of 35,000, one out of every three of whom are destitute.

In Ochrida, Debra, and other villages of this Prefecture the suffering and want is more intense, although the number in each of these villages is much smaller. People, especially children and infants, are dying of starvation, and scenes of emaciation like those pictured in the China famine are by no means uncommon in the smaller settlements. Frightful as it may seem to be, it is no less true that starvation is running a very close race with disease in causing the heavy mortality which these people have experienced.

FRENCH RED CROSS ACHIEVEMENTS

THE Societe de Secours aux Blesses Militaires, the most important of the three societies that compose the French Red Cross, spent about $430,000 per month during the first eleven months of the Old World war, says a recent Associated Press dispatch from Paris. This report reviews the Society's activities up to July 1.

The other two societies have spent together about $300,000 per month, which at the end of the first year will make a total of about $9,000,000, to which should be added more than $1,000,000 in gifts of supplies from different countries, bringing the total expenditure by the French Red Cross for the care of wounded soldiers to more than $850,000 per month.

With this money the Red Cross has established more than a thousand hospitals containing more than 100,000 beds, 100 infirmaries, 60 canteens in railway stations and 130 relief posts near the front; in this work about 18,000 trained nurses and 15,000 auxiliary nurses have been employed. Of these five were killed in the bombardment of Rheims and eleven have succumbed to contagious diseases contracted while caring for soldiers in hospitals. One nurse has been decorated with the legion of honor, 30 have been cited in the orders of the day and 23 have been accorded the epidemic medal.

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THIS QUAINT CABIN ON THE ROUTE OF A RED CROSS VISITING NURSE BEARS THE DISTINCTION OF BEING THE OLDEST DWELLING IN PERRY COUNTY, KENTUCKY (See "*Visiting Nursing in Mountain America*")

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Visiting Nursing in Mountain America

By Fannie F. Clement

Superintendent, Town and Country Nursing Service, American Red Cross

EARLY in the present year there assembled in Knoxville, Tennessee, the Third Annual Conference of Mountain Workers. Although a small group of little over a hundred persons, it represented many of the agencies engaged in religious, educational and health work in the 216 counties comprising the Southern mountain territory. Under the chairmanship of Mr. John C. Campbell, director of the Southern Highland Division of the Russell Sage Foundation, ministers, teachers, doctors, nurses, and other social workers present discussed freely many phases of their common interests so that the conference proved to be a very real help to all.

The emphasis placed upon health in the program of this conference certainly bore evidence to the fact that this was a question forming the very basis of religious, economic and social work. Moreover, how could any one remain long in the mountain country and not realize the inadequacy of hospital relief, and of that health education which is freely given in sections of our land where right living comes more nearly being the first and not the fourth "R" in education.

Three Red Cross visiting nurses have been appointed to mountain communities. Miss Jackson, one of these nurses present at the conference, gave an account of the activities of the nursing association with which she is connected in Hazard, Kentucky.

Readjustment in Kentucky

Hazard is a mountain town situated on the railroad which three years ago was 45 miles away. It contains nearly 3000 souls, about one-third of which are natives. The rest are so-called "furriners." The opening up of the railroad and several coal mines in the surrounding country have caused a rapid growth in the population bringing about new living conditions and new problems of sanitation and health that were unknown before the strangers came—changes which would indicate a period of many readjustments in any community in which they occurred.

Visiting nursing was not new to Hazard when Miss Jackson arrived as an earlier Red Cross visiting nurse had assisted in the organization of the Perry County Nursing Association and had served the community for several months.

A horse is always at the disposal of the nurse so that she may reach her patients who live, perhaps, the other side of the mountain. A horse may always be borrowed when it is impossible to hire one. Sometimes when answering an emergency call to the mines the nurse will accompany one of the physicians on a hand-car over the railroad.

In Kentucky, a state law obtains that no child having trachoma is allowed in school unless receiving treatment. The town of Jackson, where one of the three federal trachoma hospitals in Kentucky is located, is 40 miles from Hazard and a great many go there for treatment, but still a greater number do not go. The newcomers are dreadfully afraid of trachoma but, unless nearly blind, many others who have "sore eyes," as the disease is commonly called, think little of it.

School is Freed of Trachoma

The examination of the school children is described by Miss Jackson as follows:

"With the volunteer aid of doctors in Hazard the 308 pupils in attendance at the High School were examined and practically every child needed some at-

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THE RED CROSS VISITING NURSE IN A KENTUCKY MOUNTAIN DISTRICT, WATERING HER HORSE. THESE NURSES FREQUENTLY TRAVEL HORSEBACK AS WELL AS IN ROAD PHAETONS

tention. Twenty-five cases of trachoma were found and this being very contagious, was given first attention.

"Dr. McMullen, Surgeon in charge of trachoma-work for the Federal Government in Eastern Kentucky, later was invited to hold a clinic at Hazard. In one school of 134 pupils 7.6%* had trachoma. Dr. McMullen was with us three days and we operated upon 13 cases. We held the clinic in a doctor's office, each child furnishing its own cot and bedding. There were two empty rooms joining the doctor's office, and the owner of the building kindly offered us the use of the rooms, so we had an emergency hospital. Almost everybody in town came to see our hospital, and I think this work left quite a favorable impression.

"Doctor McMullen was with us two days last week and helped operate on fifteen more school children, all of whom made an uneventful recovery. We have now treated twenty-two of the twenty-six children infected. Two have moved, and two have refused treatment. The two children whose parents refused to have them treated have been stopped from school so that today the Hazard Public School is free from trachoma, the first time in its history."

The month in which the eye clinics were held Miss Jackson paid 124 calls and gave 397 office treatments. Her usual month's work includes bedside visits in answer to calls from the physicians and families, together with services of a more public nature. Her account continues:

* In a report on "The Trachoma Problem" read by Assistant Surgeon General Kerr of the United States Public Health Service, June 18, 1915, it was stated that "among the mountains of Kentucky approximately 8 per cent of 12,276 examined were trachomatous. Based on these figures, McMullen has estimated that there are at present 33,000 cases of this communicable eye disease in the 35 mountain counties of Kentucky. There is reason to believe that the disease is as prevalent in some mountain sections of Tennessee, Virginia and West Virginia."

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A PICTURESQUE BUT STEEP AND ROUGH ROAD IN VIRGINIA OVER WHICH A RED CROSS VISITING NURSE HAD TO TRAVEL TO VISIT A SICK BABY THREE TIMES A WEEK SHE IS IN HER VEHICLE IN THE DISTANCE

URGING CIVIC IMPROVEMENT

"Since the first day of my arrival in Hazard, there was one thing I felt that I must do, and that was to help bring about the removal of four tents, that fronted directly on the main street. A great many said that it could not be done. The Hazard *Herald* which has most loyally supported all good movements came out with several articles calling attention to the tents. It said: 'They are a distinct menace as well as ugly in themselves and a shame to the town.' One of the owners is reported as saying that there was no power in Hazard that could make him move. A notice was served on the owners but they refused to move. Then they were declared a nuisance and the matter taken before the court. One man was fined ten dollars and costs, and, needless to say, like the Arabs, they folded their tents and stole away.

"This county has a new forty-thousand-dollar jail and several months ago the prisoners were removed to it. The *Herald* in speaking of it and of the old jail still standing on the public square, said: 'The old jail is bare and empty and an eye sore as long as it is allowed to remain next to the Court House and should be removed.' At a mothers' meeting, also at a meeting of the Civic League, I had the following petition drawn up and endorsed by the members at both meetings:

"'To the Fiscal Court, Perry County:

"'We the undersigned respectfully request and petition for the removal of the old jail house from the public square. This petition is made in view of the fact that the ladies of the town wish to plant flowers and otherwise beautify the square.'

"More than two yards of women's names were signed to this. Several men wished to sign it but were told it was for women only.

"Attending to a call at the home of the City Attorney, in conversation with him I remarked—'What a pity it is that the spitting ordinance is not better enforced.' He told me that no such ordinance had heretofore ever existed and said he would have one passed at once. I circulated a petition among the doctors.

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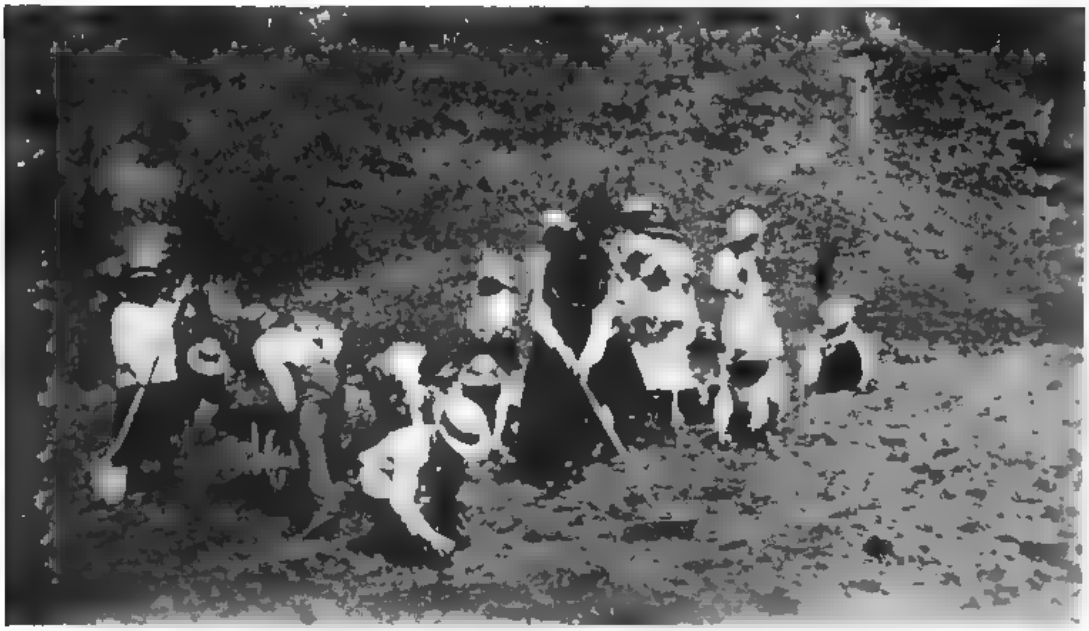

RED CROSS VISITING NURSE IN VIRGINIA HELPING CHILDREN TO PREPARE GROUND FOR THEIR GARDEN

preachers, Ladies' Civic League and business men, and at the next meeting of the Town Council an ordinance was introduced and passed without a dissenting voice. I at once secured, by private subscription enough funds to have two hundred large signs printed and, now everywhere nearly that one turns, he will read: 'Don't Spit on the Floor.' I tacked them up myself and sold Red Cross Anti-tuberculosis Seals at the same time. This gave me the opportunity of telling the people the danger of spitting. Only about $8 worth of Red Cross seals were sold, as very few of the people understood what they were used for. One young lady when approached said—'No they wouldn't need any and if they did Mother always ordered from Sears and Roebuck."

MOUNTAIN AMERICA DESERVES HELP

A number of clean-up campaigns in the mining camps and in Hazard proper, have been carried through by the visiting nurse during the spring and summer After stating her plans for a hook-worm clinic and for a series of educational moving pictures to be given in the local playhouse, Miss Jackson concludes her account as follows:

"I am glad to say that we can, even after these few month's work, see a substantial change and growth of public opinion. That the people are ready for the work there is no question. That the work is needed has been demonstrated beyond doubt.

"We are spending millions every year for the immigrants but the people of the Appalachian Range, what are we doing for them along health lines?

"The mountain people have long since sold their timber and mines and rights to the large corporations and, like the Indians, are gradually being pushed back. The hills are full of wealth, the like of which they never dreamed and, unless they are shown the necessity of education along the right lines—how to care for themselves and prevent disease through sanitary and other measures—the day is not far distant when there will be seen the last of a people to whom we owe much because of that spirit that led them into the wilderness to hew the way that civilization and progress might find a path."

Quite another phase of mountain nursing in a section away from the railroad is that represented by the work of a Red Cross visiting nurse who was appointed last spring in the mountains of North Carolina under the Department of

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ONE OF THE VILLAGES COVERED BY THE HOT SPRINGS, VA., NURSING ASSOCIATION
THE RED CROSS NURSES "RIG" IS SEEN IN THE FOREGROUND.

Church and Country Life of the Presbyterian Board of Home Missions, with which the American Red Cross is now co-operating.

IN NORTH CAROLINA'S MOUNTAINS

This nurse lives in one of the five community centres maintained by this Board. Her visiting area covers fifty square miles and includes a population of 1,500 mountain dwellers. Sometimes she travels twenty-six miles on horseback to see one patient. In such cases where it would be impossible to visit more than once a week, or sometimes not that often, she will demonstrate the care of the patient to some member of the family and leave written instructions as far as is practicable. Should the patient be seriously ill she can arrange to stay at the nearest community house until such a time as it would seem wise to leave.

In her work she finds no two days alike. The people are all kindly, hospitable, and gladly receive her.

In the mountains of Virginia a Red Cross visiting nurse has been stationed at Hot Springs for over two years. The Hot Springs Valley Nursing Association has entered upon various forms of community service with marked success. Its scope includes six small adjoining villages.

Although all nursing calls within these villages are answered by the visiting nurse, she has made calls as far as twelve miles distant. A horse and buggy is provided by the Association for her conveyance.

Classes organized among the school girls between nine and sixteen years of age called "Mother's Helpers" have proven of greatest interest not only to the children but to the mothers who often attended the classes. Miss Townshend, the visiting nurse, held these classes every two weeks in two of the school buildings, using a life-sized doll in her demonstrations.

She has given a series of health talks to groups of older women and has also held other weekly classes giving instruction in reed and raffia work. A popular Summer Sewing School of forty children has been continued several seasons by the Nursing Association.

PROMOTING SCHOOL SANITATION

The entire school population has been inspected by Miss Townshend excepting one room, and she has also visited many of the rural schools through the county under instructions from a member of the State Board of Health of Virginia. The pupils in the local schools provided

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themselves with individual drinking cups, and washable bags in which the cups could be hung from the desks were presented by the Aid and Supply Committee. The co-operation of the children has been gained during the year in the cleaning of school buildings.

In April a community garden for the school children was started and each

MOTHER'S HELPERS' CLASS, HOT SPRINGS, VA.—THE RED CROSS NURSE IN THE FOREGROUND.

child in his plot of ground planted five vegetables. Much interest has centered about this garden among the older ones as well as among the children. It was plowed and fenced by volunteer help. On the fence hangs a large sign bearing the words "Children's Garden—H. S. V. N. Association," and the insignia of the Town and Country Nursing Service. Prizes have been offered for the most productive garden. In the center of the acre is a large community flower bed.

VILLAGES RIVALS IN CLEANLINESS

Clean-up week in May created a most earnest yet cheerful rivalry among the villages competing. The Executive Board of the Asociation made a tour of inspection at the end of the week, and at a public health meeting in which prominent men in Hot Springs participated, and singing by the school children added much to the program, a beautiful satin banner was awarded the cleanest village. On the banner were inscribed the words, "Public Health is Public Wealth." It was accepted with much pride by the winning village.

Considerable progress has been made recently toward the erection of a Neighborhood House which has been contemplated by the Nursing Association for some time. It is planned that the building will serve as the home of the visiting nurse and as headquarters for her work. It will contain two bed rooms, a dining room, living room, kitchen, dispensary, and a large class room for community purposes.

Not only has the fine spirit and enthusiasm of the Hot Springs Association enrolled the support of nearly every inhabitant of the villages within its scope, as the general interest in its various activities testifies, but its influence has been felt beyond local confines. The ready co-operation of the Association with the American Red Cross in furnishing opportunities for experience to student nurses preparing for the Town and Country Nursing Service deserves special mention. A number of nurses now members of the Service appointed in other States have received their rural training under the supervision of the Hot Springs nurse who has willingly given

TENT ON MAIN STREET OF A MOUNTAIN TOWN, WHICH WAS REMOVED AT INSTANCE OF VISITING NURSE.

her assistance during such instruction periods.

May the time not be long before other sections in the mountains may enjoy such privileges as are extended by this Nursing Association to Hot Springs and its surrounding neighborhood!

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THE SALE IS ON—WITH A BOOM!

125,000,000 RED CROSS CHRISTMAS SEALS, ARCH ENEMY OF TUBERCULOSIS, HAVE BEEN LOOSED—WILL YOU HELP SELL THEM?

AN early-and-late campaign to promote the sale of Red Cross Christmas seals in the 1915 winter season is under way. Back of it is a wealth of dynamic energy and determination to make the forthcoming sale outdo last year's sale even more than last year's sale outdid the previous year's sale. It is entirely in the interest of the cure and prevention of tuberculosis, and every city, village and organized community can directly and actively participate in this most beneficent and meritorious crusade.

Accompanying this brief article is a rough sketch enlargement of the 1915 Christmas seal. The rosy face of the bountiful, undiscriminating Old Santa is peering through a large wreath of holly with an expression so jovial that it should lighten the mood of all who gaze on it. This ruddy visage is the main idea of the seal. To one side of it, on a banner of red, are the greetings, "Merry Christmas" and "Happy New Year." The year "1915" appears in large figures. Beneath Santa Claus is the name, "American Red Cross." In the upper righthand corner of the seal is a large Greek Red Cross. The predominant colors are vivid green and red. The legends are in black. About 125,000,000 of these seals are already being distributed throughout the United States.

Let's Break Another Record!

There is also shown with this article a photograph of the grouped designs of Red Cross Christmas seals used in former years as exhibited at the Panama-Pacific International Exposition. The figures on the exhibit board, it will be noted, deal with the years up to but not including 1914. The 1914 sale of Red Cross Christmas seals brought the total amount of money raised in this way in support of the ever intensifying war on tuberculosis up to approximately $2,320,000.

The unprecedented record of 52,000,000 Red Cross Christmas seals sold was made during the past Christmas season, which was an increase of 7,000,000 seals or fifteen per cent over the 1913 sale. And this tremendous sale took place during the very height of the European war relief campaign in this country.

HERE 'TIS—THE RED CROSS CHRISTMAS SEAL FOR THE COMING SEASON.

Its sale means "Preparedness" against Tuberculosis.

This annual endeavor in behalf of those stricken of our citizens who are reaching out for a helping hand to draw them away from the brink of death has become more general and important with each succeeding year since its birth in Delaware in 1907. And it is a part of patriotism and brotherly love, as well as of charity, for us to work individually and collectively to advance this sale.

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DESIGNS OF PAST RED CROSS CHRISTMAS SEALS SHOWN IN THE RED CROSS EXHIBIT AT THE PANAMA-PACIFIC INTERNATIONAL EXPOSITION. THE 1914 SALE OF SEALS BROUGHT THE TOTAL OF MONEY RAISED IN THIS WAY UP TO ABOUT $2,320,000.

Put some vim and vigor in your effort!

In the ten years of operation of the National Association for the Study and Prevention of Tuberculosis—an organization directly helped by the little Red Cross Christmas seal and which the American Red Cross values greatly as a fellow battler in humanity's trenches these things have been accomplished:

ACHIEVEMENTS OF THE PAST

1,500 Anti-tuberculosis associations and committees, including nearly 35 state organizations.

600 Sanatoria, hospitals and day camps, with a combined bed capacity of over 35,000

450 Tuberculosis dispensaries and clinics treating annually over 100,000 cases, and with several thousand visiting nurses working in the homes.

500 Open Air schools, fresh air classes, and special institutions for tuberculous and anemic children.

The death rate in the registration area for 1913, the last available report, was 127.7 per 100,000 population from tuberculosis of the lungs.

All told, the army engaged in the active campaign against tuberculosis now numbers over 100,000 people, and at certain seasons of the year this is swelled to over 500,000.

Over $20,000,000 was spent in 1914 for anti-tuberculosis work in the United States.

PLANS FOR THE FUTURE

This Association's ideal for the future adequate care of all consumptives either at home or in institutions—the gigantic scheme planned for perfection by 1925—includes the following:

150,000 Hospitals and sanatorium beds for indigent consumptives in the early and advanced stages of the disease.

Anti-tuberculosis Associations and committees in every state, city, town and village, with adequate support and programs to meet local needs.

Clinics in every city or county, so that anyone who suspects he has tuberculosis

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may be examined and treated free of charge, if he can not afford medical care.

Visiting nurses in every urban and rural community of 5,000 or over in the United States.

Open air schools and fresh air classes in every city of 10,000 population or over.

Special compaigns for workingmen, physicians, school children and others.

Continuous education in every possible way of the 100,000,000 people of the United States, concerning the necessity for proper personal and community hygiene in the prevention of tuberculosis.

Shifting of the burden of institutional and home care from the shoulders of private philanthropy to the public purse.

Steady reduction of the death rate through the application of preventive measures already in practice and others that may be devised.

Will you help?

BRITISH AUXILIARY HOSPITALS

THE British Red Cross Society, according to a midsummer report lately received, has 945 auxiliary home hospitals in operation for caring for wounded soldiers and sailors of the European war. These hospitals contain 31,770 beds, which are distributed among the Army commands as follows: London 2,813; Southern 9,456; Aldershot 1,046; Eastern 8,415; Northern 3,929; Western 5,081; Irish 1,030.

A number of Red Cross voluntary aid detachments are being utilized with the hospitals.

Supplementing the report was a statistical statement of the handling of patients in the Sussex Red Cross hospitals in which it is shown that since the opening of these particular hospitals, containing 1,010 beds, 5,316 patients had been admitted, of whom only 13 died, 4,726 had been discharged, and 577 were still in hand.

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FORMER PRESIDENT WILLIAM HOWARD TAFT.

In an address at the Panama Pacific International Exposition the Former President Emphasized the need of Co-operation Through Work Under the Red Cross. (See "Addresses Delivered in San Francisco.")

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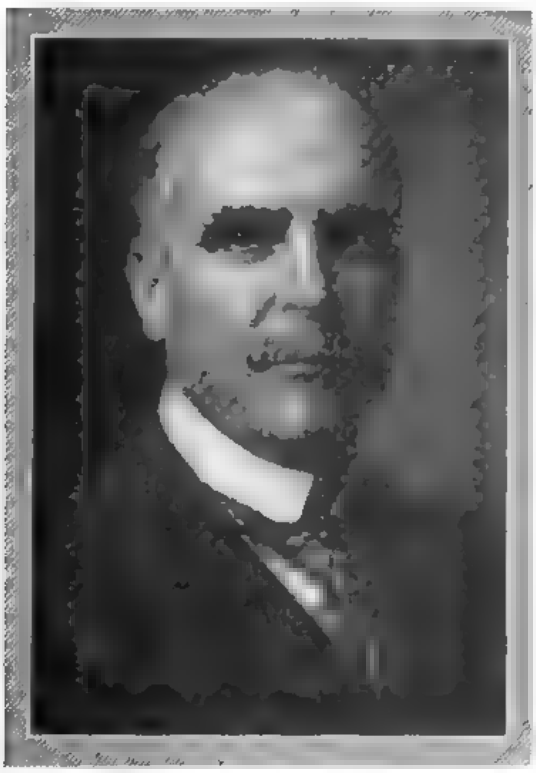
RED CROSS DAY IN SAN FRANCISCO

IN the ornate Festival Hall, but one of the innumerable gems of architecture in the Panama-Pacific International Exposition, where is installed one of the most wonderful pipe organs in the world, a highly interesting American Red Cross meeting was held on the afternoon of Saturday, August 28. That day was "Red Cross Day" at the great exposition and between two and three thousand persons constituted the audience during the official ceremonies.



HON. JAMES ROLPH, Jr.

Mayor of San Francisco, who presided at the Red Cross Day Exercises. Mayor Rolph is Chairman of the San Francisco Chapter of the Red Cross and a valued member generally.

Harris & Ewing, Wash. D. C

HON. WILLIAM W. MORROW

Judge U. S. Circuit Court of Appeals, Ninth District, who did much to make Red Cross Day in San Francisco a success. Judge Morrow is a member of the Red Cross Central Committee.

With Hon. James Rolph, jr., Mayor of San Francisco and Chairman of the San Francisco Chapter of the American Red Cross, presiding, a program of intermingled addresses and classical organ numbers was given. What proved to be an illuminating address on "The Efficiency and Economy of the American Red Cross and Its Neutrality" was delivered by Former President Taft, who was President of the American Red Cross both while Secretary of War and President of the United States. Vice-President Marshall of the Exposition, gave an address of welcome which was

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Cardinal Vincent Co. Photo, S. F.

FESTIVAL HALL AT THE PANAMA-PACIFIC INTERNATIONAL EXPOSITION, WHERE THE RED CROSS DAY PROGRAM WAS GIVEN THE HALL HOLDS THE GREAT PIPE ORGAN OF THE EXPOSITION.

most interesting. Miss Mabel T. Boardman, Chairman of the National Relief Board and member of the Executive Committee of the American Red Cross, spoke on what the American Red Cross has done in war and peace, and received a generous greeting. Much enthusiasm was displayed throughout the session.

ARRANGEMENTS ARE DELIGHTFUL

Preparations for this very successful "Red Cross Day" celebration were largely in the hands of the San Francisco chapter of the Red Cross, headed by Mayor Rolph. Judge William W. Morrow, of the United States Circuit Court of Appeals, Ninth Judicial District, who is a member of the Central Committee of the American Red Cross, aided materially in making the arrangements. Through the kindness of Mr. George W. Stewart, Musical Director of the Panama-Pacific International Exposition, a special musical program was given, consisting of the following numbers beautifully rendered by the organist, Mr. Wallace A. Sabin; Fantasie in G, Bach; Andante in G, Batiste; Humoresque, Dvorak; Festival March, King.

Miss Boardman in her address dwelt largely upon the active work of the American Red Cross, particularly its foreign relief work, both in time of peace and war, calling attention to the fact that with such deeds of kindness many seeds of good will towards the United States are sown, thus making of double value the humanitarian work of the Red Cross

EFFICIENCY IN CO-ORDINATED RELIEF

Ex-President Taft expaciated upon the efficiency and economy in the American Red Cross and its neutrality. He spoke of the economy resulting from the utilization of a single well-organized

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association instead of a multiplicity of committees which occasion a multiplicity of administrative expenses. He spoke also of the efficiency of a permanent organization whose training and experience made it far better able to cope with relief work than temporary and untrained committees. He emphasized the fact that in any war in which our own country was involved relief operations must be carried on under the official organization of the American Red Cross. He spoke of its value as a neutral agent sending relief to all countries and thereby maintaining a friendly relationship with all and receiving from all a most generous co-operation in its work.

From his own experience Mr. Taft said he knew the valuable aid of the Red Cross to the President and he believed that President Wilson had had a like experience. When a serious disaster occurs it does not lie within the power of the President, no matter how serious the need and the suffering, to put his hand into the United States Treasury and draw out funds for the relief work, but he has ever ready at hand the organization of the Red Cross prepared to administer the funds contributed by the American people with economy and efficiency and whose accounts are all audited by the War Department.

SHOULD BE 2,000,000 MEMBERS

Mr. Taft said there should be a million or two members of the American Red Cross and that every American who is able to pay the small dues of $1 a year should become a member.

After the meeting was over the assembly adjourned to the North Gardens, where a United States Army Medical Corps detachment gave an exhibition of the transportation of wounded from battlefields, the United States Bureau of Mines gave an exhibition of mine rescue and first aid work, a group of young boys illustrated the life saving methods of the Red Cross—in rescuing people from drowning and in resuscitation— and a company of Boy Scouts demonstrated their training in first aid. Among this latter company were a number of bright Chinese and Japanese boys who threw themselves into the demonstration with as great enthusiasm and as much skill and dexterity as the American boys.

CHAPTER ACTIVITIES ON THE COAST

The San Francisco Chapter of the Red Cross gave a splendid dinner of some three hundred persons in honor of Mr. Taft, at which a number of addresses were made, notably one by United States Senator Phelan, who, after the San Francisco fire and earthquake, was President of the Relief and Red Cross Funds. Mr. Phelan spoke with high appreciation of the valuable assistance rendered by the American Red Cross at that time.

Miss Boardman, while on the Pacific Coast, addressed various other meetings in San Francisco, and a number of meetings at Los Angeles, Pasadena and San Diego, all of which cities have Red Cross chapters. The chapter in Pasadena is particularly to be commended for its work. In Pasadena there are some five hundred Red Cross members among a population of about forty thousand. This probably shows as good a record of membership per capita as any chapter in this country. The Canal Zone in the past has exceeded this among its American population but probably does not now.

You cannot dream yourself into a character; you must hammer and forge yourself one.—*Froude.*

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THE FIRST NATIONAL FIRST AID CONFERENCE.

Eminent physicians and surgeons, presided over by Surgeon General Gorgas, U. S A., Chairman of the War Relief Board of the American Red Cross attending the first national first aid conference which was held in the Willard Hotel, Washington, D. C., August 23-24, 1915

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HOW FIRST AID WORK IS FORGING AHEAD

By MAJ. ROBERT U. PATTERSON, MEDICAL CORPS, U. S. A.
CHIEF, BUREAU OF MEDICAL SERVICE, AMERICAN RED CROSS

ALTHOUGH the Bureau of Medical Service of the American Red Cross has been principally engaged in obtaining surgeons and the purchase of supplies for the American Red Cross Relief Work among the European belligerents, the First Aid Department of that Bureau has nevertheless continued its activities with undiminished vigor. The usual instruction in accident prevention and first aid to the injured among railroad employees through the American Red Cross Cars has been continued as in the past four years.

Since December, 1914, American Red Cross Car No. 2, with Dr. W. N. Lipscomb in charge, has covered the Chicago & Alton, the Union Pacific, the Oregon Short Line, and the Oregon-Washington Railroad & Navigation Company. This car was placed in the Pullman Shops at Chicago for necessary repairs from July 20 until August 21. Dr. William T. Davis who relieved Dr. Lipscomb in charge of the car on June 10, 1915, is now giving a course of Instruction to the men of the Chicago & Great Western Railroad.

Many Are Benefited

Car No. 3 in charge of Dr. M. J. Shields, in the same period of time, has passed over the following railroad systems: Atlantic Coast Line, Louisville & Nashville, Queen & Crescent, Central of Georgia, Seaboard Air Line, Western Maryland, and Dr. Shields is at present lecturing to the employees of the Norfolk & Western. Combining the work of both cars for the period, it is found that 509 meetings have been held, and 12,215 miles have been traveled, with an attendance at lectures and demonstrations of 29,167 railroad employees.

On July 12, 1915, Dr. Wilbur E. Turner of Muncy, Pa., joined the staff of the First Aid Department, and is at present assisting Dr. M. J. Shields on American Red Cross Car No. 3, on the Norfolk & Western Railroad.

Mr. W. E. Longfellow who is engaged in organizing the Life Saving Service of the First Aid Department has visited fifteen places, including Jacksonville and Pensacola, Florida, Savannah, Georgia, Norfolk, Va., Pittsburgh, Pa., and Washington D. C. Life saving instruction was also given to the students of Rutgers College at New Brunswick, N. J., and of Union College at Schnectady, N. Y. During part of the months of July and August a life saving campaign was carried on in the National Capital with the vigorous support of Major Pullman, Superintendent of the District Police, in an effort to reduce the number of drowning accidents in the Potomac River and bodies of water adjacent to Washington. Since January 1, 1915, Mr. Longfellow has organized 11 Corps and increased the membership of the American Red Cross Life Saving Corps by 329 members.

In the first half of the current year special instruction was given by physicians of the First Aid Department to sailors at the Seamen's Church Institute, New York, and to employes of the Brooklyn Electric Illuminating Company. One of our physicians was loaned to Bureau of Mines Car No. 6 for a period of seven weeks, to teach first aid methods to miners in the Pennsylvania coal fields.

First Aid for Lumber Camps

For more than 18 months the American Red Cross has been endeavoring to obtain the interest and financial co-

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DR. M. J. SHIELDS, OF THE AMERICAN RED CROSS FIRST AID STAFF, GIVING A LECTURE AND DEMONSTRATION IN SPECIALLY EQUIPPED CAR No. 3, THEN TRAVELING OVER THE TEXAS & PACIFIC RAILROAD. DR. SHIELDS HAS A HAPPY FACULTY OF TELLING STORIES WHILE HE WORKS AND THE INDUSTRIAL EMPLOYES LAUGH AND LEARN AT THE SAME TIME.

operation of the lumber companies of the country, asking them to join us in a systematic course of instruction in "Accident Prevention and First Aid to the Injured" among employes of the logging camps and lumber mills. Finding that it was practically impossible to enlist their financial assistance, it was decided to inaugurate the instruction ourselves, hoping that a demonstration would convince those who employ lumbermen of the practical and economic value of such work, as it apparently did not appeal to them sufficiently on purely humanitarian grounds. Dr. W. N. Lipscomb was detached from American Red Cross Car No. 2, and directed to take charge of this work early in the month of June. As an attraction in launching the undertaking it seemed desirable to have one of our railroad first aid cars attached to "the Lumber Service" for the first month, and Dr. Davis with Car No. 2 was accordingly directed to remain in the State of Washington and co-operate with Dr. Lipscomb until the middle of July. There are more than 47,000 men employed in the logging camps, saw mills and lumber yards of Washington. For that reason Washington was selected as the State in which to start the campaign. Very fortunately for the plans of the American Red Cross many influential citizens of that State have become interested in the work and have given it their moral as well as personal support. Mr. Clarence Parker of the Industrial Insurance Commission of the State of Washington, Dr. James Yocum and Dr. A. J. McIntyre, respectively President and Secretary of the Industral Surgeons' Association of Washington, Mr. G. M. Cornwall, editor of *The Timberman*, and Mr. Robert B. Allen, editor of the *West Coast Lumberman*, and many members of the West Coast Lumber Manufacturers' Associa-

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RAILROAD MEN USING TURNIQUET TO PREVENT EXCESSIVE BLEEDING FROM A CRUSHED LEG NOTE THE RED CROSS FIRST AID BOX

tion have endeavored to forward Dr. Lipscomb's work by publicity, and by personal service whenever necesary to give it the desired impetus.

The first lectures and demonstrations by Drs. Lipscomb and Davis were given at Camp No. 5 of the St. Paul & Tacoma Lumber Company at Orting, Washington, followed by lumber companies at Paulson, and at Hoquiam and Aberdeen in the Gray's Harbor District. The instruction will be continued until all the principal lumber centers of the State have been visited. Although it s only 10 weeks since the work began such interest has been aroused in the movement that the outlook for a continuance of the interest, with practical support, appears to be very promising.

Experience is a Severe Teacher

Even as early as June 26, Mr. Parker of the Industrial Insurance Commission of Washington, previously mentioned, speaking before the Pacific Coast Loggers' Association at Aberdeen, Washington, is quoted in the July number of the *Timberman* as saying:

> "Last year the Industrial Insurance Commission paid out $26,000 to workmen in the State for infection alone, 90 per cent of which is preventable. In recent months Dr. Redpath, of Olympia, has had to amputate three right arms because there was a small cut below the elbow that was bleeding very freely In order to stop the bleeding some of his fellow workmen tied a buckskin string so tight around the man's arm above the elbow that the arteries were damaged and the arm had to be amputated. At $1,500 for the loss of an arm and an average of $200 in each case for lost time, these three accidents alone cost the Accident Fund more than $5,000.
>
> "If that's the experience of one doctor in the State, what's the experience of 1700 doctors? Not only is it a shame that such sums are required to pay for these preventable accidents, but it is a calamity that these men have got to go through life with one arm because they, or their fellow workmen, did not know how to apply simple remedies at the time of the injury which would have prevented either lost time or disability.
>
> "Seeing the vital need of instruction along this line, the Industrial Insurance Commission determined to start a campaign of first aid instruction among the logging camps of this State and when we were all ready to commence this campaign, we were informed by the Attorney General that while a Commissioner had a right to go into any place where workmen were employed who were under the act, that they did not have the right to spend any money for instruction along this line. About this time Drs. Lipscomb and Davis, of the American Red Cross Society, showed up on the scene and informed us that their superior,

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FIRST AID TEAMS IN A SPIRITED CONTEST

Major Patterson, had instructed them to commence a campaign of first aid instruction among the lumber interests of the State of Washington, and you can rest assured that they were hailed with delight by those of us who were so deeply interested in this vital question."

On October 21 to 23, inclusive, there will be held at San Francisco, the seventh session of the Pacific Logging Congress. We have been requested to send a representative of the American Red Cross First Aid Department to attend that meeting. It is the intention to send Dr. Lipscomb. It is probable that as a result of his experience in the State of Washington he will be able to place before the members of that Congress the wishes of the American Red Cross, and the benefits to be derived by instruction in accident prevention and first aid to the injured, so convincingly, that the entire lumber interests of the Pacific Coast will indorse our plan, and give it their practical support. If first aid instruction for lumbermen is successful on the Pacific Coast there is no doubt that it will spread to those in the Central and Eastern States.

ANNOUNCEMENT OF 1914 PRIZES

The prizes for the best First Aid work performed during the calendar year 1914 have been awarded as follows:

For the best instances of First Aid work performed by railroad employes during the calendar year 1914, paid from the special fund known as "The William Howard Taft Fund":

1st Prize, $50: To Brakeman James Haley of the Buffalo, Rochester & Pittsburgh Railroad, for saving the life of one John Protti by giving him prompt first aid treatment following an acident on October 31, 1914, in which his leg was crushed.

2nd Prize, $25: To Conductor Clarence J. Widner of the Buffalo, Rochester & Pittsburgh Railroad, for excellent work in rendering first aid to Burt Meyers, cook on train No. 106 of that road on March 27, 1914.

3rd Prize, $15: To William P. Flenard, employed at the Pennsylvania Railroad Shops at Trenton, N. J., for excellent First Aid work performed on a fellow workman during the calendar year 1914.

4th Prize, $10: To Christian D. Fisher of the Pennsylvania Railroad Shops at Camden, N. J., for excellent first aid work performed on fellow workmen during the calendar year 1914.

Prizes for the best instances of first aid work performed during the calendar year 1914 awarded to other than railroad employes are as follows:

MAN STRUCK BY LIGHTNING SAVED

1st Prize, $50: Divided among J. H. Burt, H. M. S. Gimber, Joseph H. Shook and Francis Hagan, jr., employes of the

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Berwind-White Coal Mining Company, who saved the life of Urban E. Reaval who had been rendered unconscious by a stroke of lightning during a storm at Recreation Park, Windber, Pa., August 2, 1914. Their prompt action in performing artificial respiration and continuing to do so, although he was apparently dead, undoubtedly saved Mr. Reaval's life.

2nd Prize, $25: Awarded to George B. Church of the Atcheson Graphite Company of Niagara Falls, N. Y., for resuscitating Joe Winker on October 7, 1914, who was overcome by gasoline fumes in a tank car at Niagara Falls.

3rd Prize, $15: Divided among Officers Michael J. Cooney, Edward Shea and Joseph P. Stafford, members of the Police Department of Baltimore, Md., for performing artificial respiration and resuscitating a woman in Baltimore, who was found unconscious from illuminating gas on the morning of March 26, 1914.

4th Prize, $10: To Noah Barker of Seevers, Iowa, for many instances of excellent first aid work performed during the calendar year 1914, among miners of that vicinity.

For the best instance of life saving performed by members of the American Red Cross Life Saving Corps during the calendar year 1914 the first prize of $50 was awarded to John C. Marshall, of Palatka, Fla., a member of the Jacksonville Life Saving Corps, for saving D. R. Coulter from drowning in the St. Johns River, Jacksonville, Fla., on the night of December 14, 1914, at the risk of his own life.

First Aid Conference is Formed

On August 23 and 24 an important conference of surgeons of the Army, Navy, and Public Health Service, of Railway Chief Surgeons, and prominent physicians and surgeons in civil life, met at the New Willard Hotel, Washington, D. C., to discuss standardization of first aid packages, first aid equipment, and methods of teaching first aid to laymen. A permanent organization was decided upon under the name of "The American First Aid Conference." The following officers were elected:

President—Major General William C. Gorgas, Surgeon-General U. S. Army.

First Vice President—Surgeon-General William C. Braisted, U. S. Navy.

Second Vice President—Surgeon-General Rupert Blue, U. S. Public Health Service.

Secretary—Dr. Joseph C. Bloodgood, Johns Hopkins University, Baltimore, Maryland.

Treasurer—Colonel W. S. Battle, jr., Norfolk & Western Railroad.

An Important Resolution

The following resolution was unanimously adopted and forwarded to the President of the United States:

> Whereas, There is a great lack of uniformity in first aid methods, in first aid packages, and other first aid equipment, and in first aid instruction, and
>
> Whereas, Many of the aims of first aid are defeated thereby and needless suffering and expense incurred, therefore be it
>
> *Resolved*: That this Conference recommends to the President of the United States that he appoint a Board to deliberate carefully on first said Board to consist of one officer each from the Medical Corps of the U. S. Army, the Medical Corps of the U. S. Navy, the U. S. Public Health Service, the American National Red Cross, the American Medical Association, the American Surgical Association and the Association of Railway Chief Surgeons of America; this Board to deliberate carefully on first aid methods, packages, equipment and instruction and to recommend a standard for each to a subsequent session of this Conference to be called by the Permanent Chairman; the creation and maintenance of the said Board to be without expense to the United States.

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EDITORIAL COMMENT

Happiness is only to be found in a recurrence to the principles of human nature, and these will prompt very simple measures—*Disraeli.*

PREPAREDNESS AND ITS RELATION TO RED CROSS

In connection with the patriotic movement in the interest of preparedness against war the American Red Cross, which has been called "the humanitarian arm of the United States Government," is fully alive to the responsibilities which would devolve upon its medical and nursing departments in case of such an eventuality. Regardless of any thought of the imminence of war, it has been the policy of the Red Cross to be on the alert for the greatest demand that could be made on its services.

"Be Prepared" is the motto of the Boy Scouts; and it is a good one for everybody whether he be a high army officer or a camp cook. When you know what your full duty would be in a certain contingency and you do not know when that contingency will arise, it surely is the part of folly not to be equipped or fortified to perform that duty in the completest sense.

In Circular Number 8 of the War Department, dated September 10, 1912, and in General Order Number 207 of the Navy Department, issued August 8, 1912, are set forth in detail the regulation governing the functions of the American National Red Cross as the organization which is required by law "to render aid to the land and naval forces in time of actual and threatened war." In other words, the plan of action is down in black and white and worked out to a nicety.

As one evidence of its forethought, the American Red Cross has over 6,000 graduate nurses enrolled who may be drawn upon at a moment's notice as a reserve to the Army Nurse Corps. A very high standard is set for these nurses both as to character, hospital experience and ability.

The Red Cross may be called upon in time of war, or when war is impending, for the following classes of personnel: physicians and surgeons, dentists, pharmacists, nurses, clerks, cooks and other hospital personnel, litter-bearers, drivers and other transport personnel, and laborers. For service at the base and along lines of communications, Red Cross personnel would be organized into field columns, hospital columns, supply columns and information bureau sections.

In accord with the Army and Navy regulations, the Red Cross proposes to form field and hospital columns, sometimes called units. In providing the personnel for these detachments its Medical Bureau, which is under the charge of a detailed officer of the Medical Corps, United States Army, and its General Nursing Service closely cooperate. Material, transportation and a system of transmitting information are questions looking to the throughness of the service of the Red Cross in time of war which have not been overlooked.

CO-ORDINATED RELIEF, A BOON TO EFFICIENCY

Peacetime and domestic relief operations of the American Red Cross make up the body of this issue of the Magazine. A most successful Red Cross Day celebration at the Panama-Pacific International Exposition together with important addresses delivered there, the getting under way of the 1915 Red Cross Christmas Seal sale with prospects of making another record, the splendid progress of first aid and the extension of that line of humanitarian endeavor to the lumber

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camps of the Northwest, and recent and highly beneficial activities of the Town and Country Nursing Service in Mountain America are riveting attention on the preparedness and the marked utilitarian value of an organization like the American Red Cross.

Standing out in bas-relief on this picture of varied philanthropic enterprises are the remarks of Former President Taft at the Red Cross exercises in San Francisco, in which he advocated with no little emphasis the importance, in fact the imperativeness, of centralized relief work under the Red Cross. The multiplicity of relief committees such as were launched —some of them in helter-skelter order— following the outbreak of the European war naturally confused the public and so scattered the available-for-charity resources amassed by Uncle Sam that it is difficult to estimate just how charitable he has been in this time of immeasurable suffering. We are speaking, of course, of the innumerable small and ephemeral relief committees that devoted themselves to the relief of soldiers and sailors. A number of these organizations were compelled in the long run to transmit their funds and other relief contributions through the American Red Cross, the only relief organization in this country recognized under the Treaty of Geneva and whose accounts are audited by the War Department. At the last annual meeting of the American Red Cross it was decided that we could not wisely participate in non-combatant relief work among the European belligerent nations in any active way. The Rockefeller Foundation happily took up this work on a large scale and other agencies were formed for the same purpose.

It is hoped that all members of the American Red Cross read in the September number of the Red Cross Magazine the statement by the Acting Chairman of the Central Committee on the status of the American Red Cross in war relief work, and that they will disseminate the information contained therein as widely as possible. Were our own country involved in war it would become urgent that the law concerning war relief work and the functions of the Red Cross be enforced very rigorously. Special war relief societies, growing out of ignorance of the law, would probably spring into being but would have to be nipped in the bud with little ceremony.

Congress created the American Red Cross, among various reasons, "to act in matters of voluntary relief and in accord with the military and naval authorities as a medium of communication between the people of the United States of America and their Army and Navy, and to act in such matters between similar national societies of other governments through the 'Comite International de Secours,' and the Government and the people and the Army and Navy of the United States of America."

RED CROSS SYSTEM IS HEARTILY CHAMPIONED

We are going to adopt entirely an editorial expression which lately appeared in the Boston Daily *Advertiser*, one of the numerous newspapers which has constantly battled in the ranks of the Red Cross. Under the heading "The Red Cross Funds" the *Advertiser* says:

> The condition of the American Red Cross funds is such as to call for an unusually spirited effort of generosity among the American people. The need for money is acute. The supply is pitifully low. The undesignated funds in the Red Cross in Massachusetts are to be spent for the American Red Cross in any way that is considered most expedient at headquarters, unless the donors specifically state that their gifts are to go to the War Relief Department which also continues as last year. With the accumulated horrors in Mexico and floods in many parts of the Southwest, there is no doubt that every cent given to the Red Cross funds now will relieve suffering acute, pitiful, tragic in the extreme. There never was a time, within the memory of this generation of Americans, when the destitution was greater or the cry for relief more agonizing. Humanity itself is on the rack. There never was greater need of self denial in petty pleasures, for the sake of that suffering humanity.

An editorial in the Syracuse, N. Y., *Post-Standard* is as much to the point as the *Advertiser's* comment and stresses, as it ever behooves all good friends of the Red Cross to do, the incalculable value of co-ordinated and systematized relief work under one truly responsible, chartered and government-supervised relief organization. The *Post-Standard*

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says in part, under the caption, "The Record of the Red Cross:

The American Red Cross Society has had a busy year. The aid which Americans have been able to extend to Europe has been done through many agencies. The greatest of philanthropic tasks ever assumed by a nation, the sustenance of Belgium, is done through an American organization, made for the purpose, with its distributing and collecting systems under direction of business men of large affairs. A great deal of the philanthropic and surgical work is done in the war area through detached bodies organized for the purpose. But after all, the Red Cross with its permanent organization always ready for any emergency, has been largely relied upon in this emergency to carry our gifts to the battle fronts and to distribute them there. * * * *

The Red Cross has given aid also to the auxiliary and independent associations for relief. As an example the great work of the American Ambulance Corps in Paris has also been generously supported. This corps started with 200 beds and is now caring for more than 500. Many of the worst cases have been sent to their hospital by the French authorities.

The Red Cross could use more money. It should be getting a million a month. It is far better to spend money to save the lives of men than to destroy them.

MEDICAL STORES ARE ON THE WAY TO EUROPE

There have been numerous shipments of medical and surgical supplies to the Red Cross societies of the various belligerents involved in the great war beyond the Atlantic by the American Red Cross during the past month. Occasional contributions in money for the care of wounded and clothing for women and children in designated and undesignated lots, are still being received by the Red Cross from generous Americans and are being forwarded with all promptness.

It would be impossible for America to be too generous in its efforts to lessen the misery abounding in Europe's war area.

SUFFERING IN MEXICO CONTINUES UNEXAMPLED

A much welcomed lift was given the American Red Cross in its Mexican relief work in September by the Rockefeller Foundation with a contribution of $25,000. This handsome donation came when the Mexican relief fund was exhausted. At the time, however, Red Cross Agent O'Connor in Mexico City was operating a chain of free soup kitchens and with the meager resources then at hand was otherwise aiding many thousands of destitute Mexican women, children and other non-combatants who were in sore distress. In Northern Mexico the conditions at this writing (September 17) are greatly disturbed and may result in the curtailment of the relief efforts of Red Cross Agent Weller.

The economic situation throughout Mexico continues in a deplorable state despite the gathering of late summer crops. These crops, as was to be expected, were incomparably below normal in yield. Winter now is hard upon half-famished and poorly clad millions of human beings who have been compelled to endure a state of unexampled hardship. Those who are not responsible for this state of affairs deserve our commiseration and material help.

The last dollar of the Red Cross Mexican relief fund has been in sight two or three times, the fighting has been drawn out interminably and the relief work has not gained the usual generous support of the American public. We know on the best of authority that women, children and old men have starved to death in Mexico by the hundreds in the last few months, that they are starving to death today and that soon they will be both starving and freezing to death, regardless of what happens politically in that country. It would be unreasonable to expect anything else to happen in view of the widespread devastation resulting from the prolonged fighting. And so we shall go on and on and on affording all the relief at our command to these unfortunate and most unhappy fellow beings.

You who are reading this and your neighbor and your neighbors neighbor can probably help in this work. Will you do it?

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